

VA



U.S. Department
of Veterans Affairs

Office of Patient Care Services
Health Outcomes Military Exposures
War Related Illness and Injury Study Center

GWIMERIC

Project 3: Concordant Care and Problem-Solving Treatment for Gulf War Illness

Autumn Gallegos, PhD



PROJECT 3: CONCORDANT CARE AND PROBLEM-SOLVING TREATMENT FOR GULF WAR ILLNESS

Project #3 Team

Project Lead: Autumn Gallegos, PhD

Co-Investigators: Nicole Sullivan, PhD, Katharine Bloeser, PhD, and Laura Lesnewich, PhD

Operational Partners:

Office of Primary Care

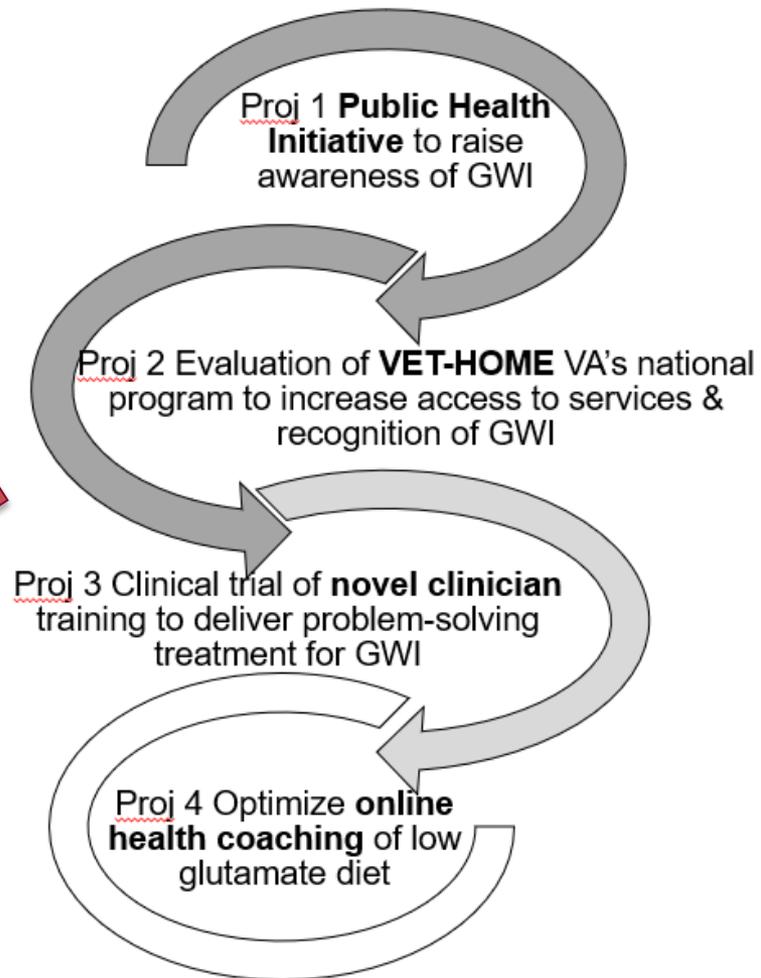
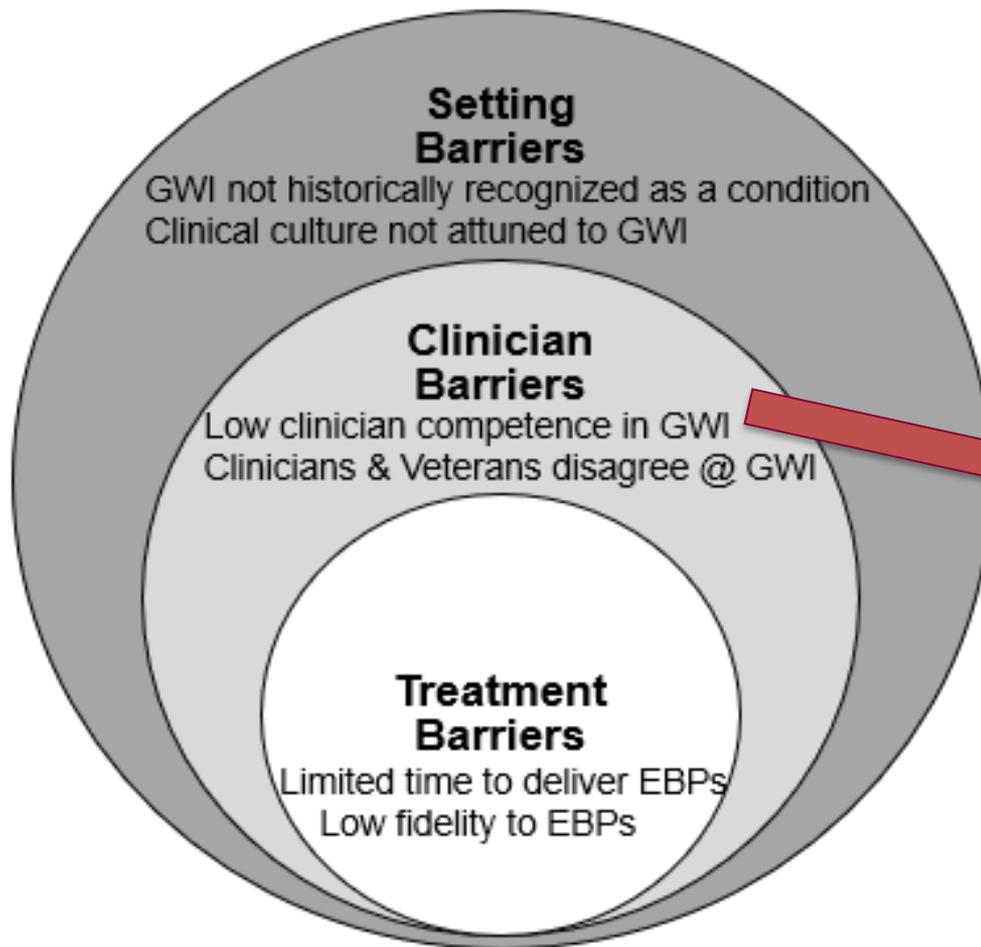
Office of Mental Health & Suicide Prevention

War Related Illness and Injury Study Center



IMPACT

Our novel training ensures that behavioral health clinicians recognize GWI and use evidence-based treatments to address the specific concerns of Veterans with GWI.





PROBLEM

1. VA/DoD Clinical Practice Guideline recommends behavioral interventions, like Problem-Solving Treatment.
2. Behavioral health clinicians do not identify as first-line clinicians for GWI.
3. When behavioral health clinicians work with Veterans with GWI, they often focus on comorbid mental health conditions.



PROPOSED SOLUTION

Concordant Care is a critical component of high-quality care for GWI

- Validation
- Shared understanding
- Treatment plan

The clinician's medical knowledge and Veteran's experience with GWI are equally important



ROADMAP FOR CONCORDANT CARE TRAINING

Assess

Ask about perceived causes, get information on impact of symptoms, and better understand goals



Develop a shared understanding Discuss both viewpoints on etiology and treatment by eliciting beliefs, summarizing, and engaging in education



Assess outcomes as they relate to your shared treatment plan



Validate
Show the patient that you hear how much their symptoms affect them emotionally and physically



Use evidenced-based treatments and management approaches which work towards specific treatment targets

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You know what really makes me angry? I've had doctors tell me that it's all just in my head, as if I was making this all up.

I don't think your symptoms are in your head. It sounds like your symptoms are very real.



**Validation
of physical
symptoms**



Problem-Solving Treatment is an effective and well-suited evidence-based practice that targets disability and quality of life in GWI.

- Cognitive dysfunction
- Problem-solving impairment



APPROACH

GWV Concordant Care
+ Problem-Solving
Treatment

GWV Education Modules
+ Problem-Solving
Treatment

- Aim 1: We will evaluate the acceptability and adoption of concordant care principles and Problem-Solving Treatment for GWV.
- Aim 2: We will evaluate the effectiveness of Concordant Care plus Problem-Solving Treatment on clinician and Veteran outcomes.



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